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ABSTRACT

Parenting is a journey, in which the parent grows and develops along with the child. Effective parents are competent, motivated learners who actively participate in the development of their parenting philosophy. By understanding themselves as individuals and as a team, and by patiently learning about their children through observing their behavior, parents can become much more effective. Noting how parents' own upbringing affects the complex dynamics of parenting, this sourcebook provides parents with the building blocks they need to discover their own parenting philosophy and develop effective parenting strategies. The first section of the book provides a framework for parenting based on nine principles, which include developing a vision for your family, learning about children, learning to trust struggle and disequilibrium, and teaching children to feel safe, strong, and good about their world. The remaining sections of the book explore the following characteristics of child development and parenting: (1) children's feelings, including responding to crying and tantrums and separation anxiety; (2) children's bodies, including sleeping, eating, toileting, and physical development; (3) dealing with difficult behavior, including moving beyond punishment and negotiating conflicts between parent and child; (4) social learning and play, including cooperation and conflict, sharing, and gender roles; and (5) family relationships, including parenting with a partner and building strong sibling relationships. (EAJ)

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